



**AFN keeps
the Wolf
Pack
informed**

*See pages
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NEWS BRIEFS

Personal protection equipment

New, reinforced helmets and body armor currently being fielded to the military represent just the tip of the iceberg in terms of what is on the drawing board for protecting warfighters of the future. The future fighting force will have far superior protective systems that provide enhanced capabilities while imposing less weight on the user, said officials from U.S. Army Soldier Systems Center at Natick, Mass. The center conducts research and product development for all the military services.



Photo by Airman 1st Class Alex Saltekoff

Band's Broadway-class musical

The U.S. Air Force Band from Bolling Air Force Base, Washington, D.C., performs its musical "Born of a Dream" Nov. 18 at the Kodak Theatre in Hollywood, Calif. The band gave two free public performances of the musical, its first Broadway-class production written by and starring members of the band.

Newspaper survey

The *Wolf Pack Warrior* staff is conducting a newspaper survey. A website to the survey will be sent to all members of the 8th Fighter Wing Dec. 8. Answering the questions takes about five to 10 minutes. The last day to take the survey is Dec. 15. This survey will help the 8th FW Public Affairs Office ensure it meets the needs of its readers. The results of the survey will be published Jan. 9. Any changes resulting from this survey will also be unveiled at that time.

New A-Town hours

Col. Robin Rand, 8th Fighter Wing commander, based upon the recommendation of the disciplinary control board, has approved new hours for America Town. The new hours are Sunday through Thursday 10 a.m. to midnight and Friday and Saturday from 10 a.m. to 1 p.m. The Armed Forces Disciplinary Control Board met Nov. 18.



Photo by Senior Airman Cat Trombley

CAREER BROADENING: Capt. Dede Halfhill, 8th Fighter Wing executive officer, works on an award package Wednesday. Capt. Halfhill is a public affairs officer who took a career broadening assignment here. As the wing executive officer, some of her duties include being a liaison between Col. Robin Rand, 8th FW commander, and Headquarters Pacific Air Forces and 7th Air Force, as well as 11 wing staff agencies and 10 tenant units. She supervises an administrative support staff of three people. She reviews all wing performance reports, and is responsible for the wing's annual budget. Career broadening is part of the new Force Development concept.

PACAF briefs Force Development

'Spread the word' briefings Air Force-wide

A Force Development "Spread the Word" team visited Kunsan Air Base Nov. 21 to discuss the new Air Force "Force Development" personnel concept with Wolf Pack officers at the theater.

The concept is being implemented to improve the education, training and assignment of all airmen — officers, enlisted and career civilians.

Force Development "Spread The Word" briefings are taking place Air Force-wide. Brig. Gen. Glenn Spears, Pacific Air Forces Plans and Programs director, led the PACAF briefing team on the first day of a command-wide briefing tour starting Nov. 12. The general and Lt. Col. Mike Misenhimer, PACAF officer assignments chief, recently briefed all Air Force officers stationed in Hawaii, Guam and South Korea.

During their briefing here, Colonel Misenhimer said the new approach to officer development reinforces Air Force core values, enhances the use of Air Force resources by providing better opportunities for education and career broadening.

"In a nutshell, force development is an improvement on how we develop airmen; it's an effort to deliberately target training, education and the assignment process to develop leaders for our Air Force," General Spears said. "Force Development was not created in response to something that is broken, it's an evolution to better prepare airmen to meet the needs of the Air Force in the challenging 21st century.

"I'm thrilled to have the opportunity to present these briefings throughout PACAF. This gives me a unique opportunity to share information on force development and to visit our

main operating bases and see their missions and people first-hand," he said. "Our role is to educate PACAF on the evolutionary improvements officer Force Development presents, while preparing our enlisted and career civilians for their program which will follow."

As the Air Force faces continued high operational tempo and constant technological growth, Force Development will better utilize the time and effort of all airmen. Thus, a large portion of the plan is to optimize the investments made in the Air Force's most valuable resource, the airmen.

"Engaged commanders and supervisors will use the Force Development construct and the specific tools of a web-based 'Officer Development Plan' to better match the needs of the Air Force with the personal goals of their airmen," General Spears said. "As senior leaders and commanders we have a responsibility to train, develop and mentor those who will replace us. Force Development will help commanders and supervisors in that task."

Colonel Misenhimer explained during his brief to the Wolf Pack's officers that the proposed Force Development doctrine is divided into three levels. Tactical, during the beginning and middle of an officer's career and focuses on gaining knowledge and experience in primary skills and education. Operational, for mid-level officers and widens experience through increased responsibility and education. Finally, strategic, for senior officers and focuses on a breadth of experience, leadership perspective, and education.

During each of the briefings a representative from the Air Force Personnel Center was on hand to answer questions about the new concept and changes in force development.

Courtesy of PACAF News Service



**Days to UCI
82**

Make a difference

By Col. Frederick Jones
8th Maintenance Group commander

Do you remember when you first got to the Wolf Pack? The first day you pulled through that now familiar front gate? Whether you flew in on the Patriot Express or rode the Wolf Pack Wheels down from Osan, I bet you remember that first day. For many, it may have been a bit overwhelming. First time away from home, first time out of the United States, first time away from family, friends, loved ones.

Do you remember the in-brief the Wolf gave you? Hopefully so, but my guess is that day was such a blur that for a lot of you it is still a bit “fuzzy.” Let me remind you of two things the Wolf says in his newcomers brief I think are so important.

The first is to make the Wolf Pack better — to “leave your mark.” When you think about it, what a great plan. Every one of us has the capability to leave our own unique mark on Kunsan.

Do you know when I first came into the Air Force a long time ago, we had somewhere around 660,000 people? Today we have somewhere close to half that number. And does anyone think we were busier then than we are now? I sure don’t — we are spread around the world, with deployments to places few people had ever heard of back then. I would venture to say we are busier now than ever before and with a whole lot less people.

What does that tell you? It should tell you every single one of us is so very important to the mission — every one of us. So your Air Force

“You don’t have to solve world hunger to make it better. On the contrary, it’s the small changes and improvements that add up to great things.”



— Col. Frederick Jones
8th Maintenance Group commander

needs you more than ever.

That being the case, what a wonderful opportunity for you to leave your unique mark on the Wolf Pack — to make us better. And it really doesn’t matter what you do — whether you fix F-16s or fly them, whether you cook hot meals for the troops or process paperwork, whether you provide medical care or you work in the control tower, the sheer number of people the Air Force cut tells you those of us remaining have already been determined to be important, that we need you.

So, make a difference — make the Wolf Pack better. And you don’t have to “solve world hunger” to make it better. On the contrary, it’s the small changes and improvements that add up to great things. Find a process that doesn’t make sense to you and change it, fix it, make it better.

Volunteer time to help others, participate in self-help, etc., etc. Not only will it help make the year go by quickly, but you will always, and forever more, be able to look back on your assignment at the Wolf Pack and say,

“I made a difference. I made it better.”

Secondly, the Wolf stresses to newcomers to make you better. What a great point. You are going to be here for a year. You may or may not have had a choice in that. What you do have a choice in is what you will do with your time.

One wonderful alternative is to make you better. And there are so many ways at the Wolf Pack to do just that: You can make yourself better professionally — start or finish that degree you’ve been thinking about; study, study, study, for that next next stripe; or improve your leadership knowledge through reading. You can make yourself better spiritually — we have a wonderful chapel program here, with many opportunities to grow spiritually as you see fit and help others do the same. You can make yourself better physically. The Air Force is changing how it views physical fitness — and that is a very good thing. You can really take advantage of this year by getting in the best shape of your life.

I could go on and on, but I think you get the idea. There are tons of resources here to help you grow as a person — to make yourself better.

I will close by offering up a short poem — one of my favorites and whose author remains, as far as I know, anonymous. The point will be obvious.

“God said to build a better world, and I said how?

The world is such a cold dark place and so complicated now.

And I’m so young and useless, there’s really nothing I can do.

But God, in all His wisdom said, just build a better you”

Action Line 782-2004

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

Native American medicine: Restoring balance

By Capt. Tami Childers
Heath and wellness center

“As our ancient ones said, in the beginning, warriors from the animal people came together to discuss their problems with a new creature among them, man. They were angry at the destruction human people were causing — cutting trees, noisy villages and worst of all, killing the animal people. They decided to curse the human people with terrible diseases and each animal tribe offered a different illness to plague man. Plant people heard about this horrible fate and felt sorry for the human people. To help, each plant offered itself as a cure for each disease. Only the wisest of the men and women in the human tribes would learn the healing ways with the plant people. They taught their children who passed it to their children ... And this, as the ancient ones said, was the beginning of Native American medicine.

Native American medicine is a broad term for the healing beliefs and practices of the people indigenous to North American. These beliefs have been practiced for at least 12,000 years and may have possibly started as early as 40,000 years ago. Their practices centered

on a holistic approach to health.

When one thinks of Native American medicine, he envisions ceremonial costumes, dances, drums, rituals, sweat lodges, songs, herbs and smoke. These specific healing practices and ceremonies varied among the approximately 500 different tribes across North America. There were two practices that remained common to most, the use of a healer and herbal remedies.

The healer was often called the medicine man or woman. The healers were believed to be an intermediary to the spiritual world and it was that link that empowered them to heal. This was not an appointed position within the tribe but instead a calling. A child born with the gift of healing would be taken by the medicine person and taught the healing ways. The child learned to recognize certain plants and use them to make teas and other healing foods.

During a visit, like modern providers, the medicine man would obtain a medical history, ask about symptoms, and watch for non-verbal cues. He would use this information to determine what treatment was needed. He would generally call upon the spirit world for guidance. Native Americans believed physical and emotional illness reflect an imbalance between the nat-

ural and spiritual world and it was up to the healer to restore the balance using herbs and rituals.

Herbs are a vital part of Native American medicine. According to custom, these herbs could be taken directly, or as a tea, or mixed with other foods and beverages. The healer may also burn them and use their smoke to restore balance within the person.

Most practices were passed down strictly through oral traditions. Since medical tradition was never written down, the unexpected death of individuals designated to carry forward these practices would immediately end the path, losing thousands of years of knowledge. Fortunately, medicine men and women of today recognize the importance of documenting their healing practices to preserve these traditions for future generations.

In spite of those tragic losses, what has survived is the body of knowledge that continues to impact the health of Native Americans. As modern medicine begins to swing toward a holistic approach to health care, science may once again look at Native American medicine and search out the knowledge behind this highly regarded tradition, with the intent of an improved well-being for all.

WOLF PACK WARRIOR
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Defend the base
Accept follow-on forces
Take the fight North

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Submissions

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right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

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MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	306	413
80th FS	314	423
8th FW	620	837

Community standard

Smoking policy

Smoking is prohibited in all government facilities, to include dormitories, stand-alone residences and the stairwells of the dormitories. Smoking is prohibited in all government-owned vehicles and government-rented vehicles.

SVS renovates Falcon Community Center

Project begins in spring 2004

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

The 8th Services Squadron will renovate the Falcon Community Center beginning in the spring of 2004, and it will be a two-part project.

Phase one will involve renovating the bathrooms, electrical and water upgrades, and an expansion and upgrade of the kitchen.

“Our goal is to improve the quality of the food and beverage operations,” said Maj. Marc Piccolo, 8th Services Squadron commander.

Along with kitchen upgrade, the Home Court Café’s menu will see some changes.

“Once the kitchen is expanded, we can greatly

improve the menu offerings,” the major said. “We plan on adding a full menu of healthy options such as salads and wraps and some newer items like hot panini sandwiches. The old standards will still be available, but the expanded kitchen will allow us to produce a higher quality product for our customers.”

The café will also have a full service coffee bar with breakfast items and pastries.

Phase one of the project should take about three months to complete once the material arrives.

Phase two will cover the renovation of the area outside the food section.

“The sports theme was getting kind of tired, and it’s time for something else,” Major Piccolo said.

A library annex will be added next to Sharp Travel and will offer patrons newspapers and periodicals to read. This area will also have free internet access.

The idea to renovate the Falcon Community

Center came about because the 8th SVS wanted to find a way to improve quality of life here.

“Since the community center is a 24-hour operation, we wanted to try and improve on the products and services we provide,” said Don Montgomery, Loring Club manager. “One of which is the food operation. We want to be able to expand our menu so we can offer a variety of choices at any time. The current kitchen does not give us the capability of expanding the menu.”

Major Piccolo would like the community center to be a place that will meet the morale and recreational needs of the wide variety of Wolf Pack members.

“The community center is the hub of the base. It’s the only 24-hour gathering place on Kunsan, and as such, is very important to the overall morale of the troops,” he said. “We want a place that appeals to a broad audience. The renovations will help get us there.”

People also don’t need to worry if their evening’s entertainment — for example, Karaoke — is or is not going to move during the renovation.

“The events will not be moved,” Mr. Montgomery said. “We are trying to minimize the disruption this project will have on our customers.”

Currently there is no theme for the community center once the renovations are complete; however, the most popular suggestions from customers deal with the mission in some way.

“A lodge theme is another [theme] that’s being explored,” Major Piccolo said.

Since the community center is moving away from the sports theme, most of the memorabilia will be sold at an upcoming non-appropriated funds sale.

Suggestions for the renovation came about in part due to a focus group held this past summer.

“We had several focus groups representing various segments of the Kunsan population meet and tell us what they wanted in terms of food and beverage operations,” Major Piccolo said. “This project is, in part, a direct result of those meetings as well as other feedback from customers.”

If people have any ideas on menu items or a theme, let the 8th Services Squadron staff know. There will be a services town hall meeting Dec. 8 at 7 p.m. at the Loring Club.



Phot by 1st Lt. Herb McConnell

GOTCHA: Tech. Sgt. Roderick Pettway, 8th Medical Operations Squadron, plays a video game Tuesday during lunch at the community center. The Falcon Community Center begins renovations in spring 2004.

DeCA, Taco Bell pull green onions

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

The Defense Commissary Agency here has pulled green onions from its shelves and Taco Bell has stopped putting them in their entrees as a result of a Nov. 15 public health advisory issued by the Food and Drug Administration.

The health advisory was the result of outbreaks of hepatitis A reported in Tennessee, Georgia, North Carolina, and Pennsylvania and believed to be linked to green onions served in several restaurants in these states.

Hepatitis A is a virus spread from person to person by eating something that has been contaminated with the stool of a person with hepatitis A.

According to the FDA release, it is advising the public the outbreaks have been associated with eating raw or lightly cooked green onions.

Hepatitis A affects the liver, and may cause jaundice, fatigue, abdominal pain, loss of appetite, nausea, diarrhea, and fever. These symptoms usually develop between 15 and 50 days after exposure and usually last less than two months. Very rarely people who have hepatitis A die. Once a person catches Hepatitis A, that person cannot get it again.

The release went on to say, the FDA, the Centers for Disease Control and Prevention and the State of

Pennsylvania are investigating the Pennsylvania outbreak to determine if a specific food is associated and the source. The source is believed to be green onions from Mexico in the Tennessee cases.

To prevent further outbreaks, the FDA is monitoring certain import entries of green onions for evidence of possible contamination.

There are ways to prevent becoming ill when eating green onions or other fresh vegetables.

“It’s always a good idea to wash any raw vegetables in a very mild bleach solution for 30 seconds, and then rinse with water. This will kill any virus or bacteria on the surface of the vegetable that may cause harm to the consumer,” said 1st Lt. Shane Sims, public health chief.

The FDA offers another tip to preventing this illness. Cook green onions thoroughly by boiling or sautéing, or use foods that will be cooked, such as casseroles. This minimizes the risk of illness by reducing or eliminating the virus.

The FDA release went on to say consumers who have recently eaten raw or lightly cooked green onions do not need to take any specific measures, but should monitor their health. People who experience symptoms that could be hepatitis A should see a health care provider.

Preston Army’s 13th sergeant major

By Spc. Bill Putnam
Army News Service

WASHINGTON — The top enlisted Soldier in Germany was named the 13th sergeant major of the Army Nov. 18.

Command Sgt. Maj. Kenneth Preston, the command sergeant major of the Germany-based V Corps since April 2001, was selected by the Acting Secretary of the Army Les Brownlee and Chief of Staff of the Army Gen. Peter Schoomaker to succeed Sergeant Major of the Army Jack Tilley.

Sergeant Major Preston, who is also serving as the command sergeant major for Combined Joint Task Force 7 in Baghdad, said the announcement was surprising.

“You always assess yourself as being a little more qualified than some and not as qualified as others,” Sergeant Major Preston said. “I am very excited about the selection and look forward to the challenges ahead.”

Sergeant Major Preston has served in every leadership position from tank commander to Corps command sergeant major since enlisting June 20, 1975.

As the Army’s top enlisted soldier, Sergeant Major Preston will be General Schoomaker’s chief adviser on enlisted-related matters. He will travel



Courtesy photo

Command Sgt. Maj. Kenneth Preston at Baghdad International Airport in Iraq. Command Sergeant Maj. Preston has been named 13th sergeant major of the Army.

extensively around the world meeting with soldiers and their families, and observing Army training and operations.

He will testify before Congress on behalf of the Army, and sit on a wide variety of councils and boards that make decisions affecting enlisted soldiers and their families.

Sergeant Major Tilley is retiring from the Army Jan. 15 after almost 35 years of service.

Chief selects: What it takes to make chief master sgt.

By Senior Airman
Cat Trombley
8th Fighter Wing Public Affairs

Congress limits the percentage of people to hold the rank of chief master sergeant to 1 percent of the total enlisted force. Of that 1 percent, this year only 9.5 percent were women, and Kunsan had only two who people who were selected. They both not only became part of the 1 percent, but also part of the elite number of women who make chief.

Senior Master Sgts. Sandy Miller, 8th Maintenance Squadron; and Kathryn Godfrey, 8th Services Squadron, where both notified of their selection for promotion earlier this month.

"It was positively the proudest day of my life," said Sergeant Godfrey, who has been in the Air Force for 23 years. "My entire career has been set to reach the ultimate goal of chief master sergeant."

For Sergeant Miller, who has been in the Air Force for 20 years, it could not have been a better day.

"I was ecstatic," she said.

"My career-long goal of being a chief has been achieved."

Sergeant Miller has been a first sergeant for the past six years and was an information manager for the 14 previous years. She has had eight assignments with one remote and one overseas long tour. She said the most interesting part of her career was when she was assigned to the Pentagon during 9-11.

"Even though it was a traumatic time for our nation, I was able to see the very best of people pulling together," she said.

Sergeant Godfrey has been in the services career field for 22 of her 23 years of service. She has two daughters who are also in the military, one in the Army and the other is in the Air Force.

"My daughters were born when I was an airman first class and a senior airman. It was difficult. I had to be separated from them more than most working moms in the civilian community, and as all military parents know, it really pulls at your heart," she said. "But I stayed with it because I knew my girls were growing up in a strong, close-knit community, and the effects

it had on them both is pretty impressive. Crystal is a senior airman at Schriever Air Force Base, Colo., in space systems operations, and Stephanie is an Army private first class at Fort Polk, La., repairing secure radio systems."

Sergeant Miller also has two children, a 19-year-old daughter and a 15-year-old son.

"I involve my kids in my career. I couldn't have done it without their support and help throughout the years. Being here remote is hard because you miss so much of their daily lives, but we're all in the same boat. The benefits of an Air Force career have far out-weighted any drawbacks. Being a first sergeant can sometimes cut into family time, but the trick is to reach a balance between your family life and work," she said.

Both sergeants have always wanted to be a chief master sergeant.

"I have always set my sights on the highest goals," Sergeant Miller said. "Airmen need to take advantage of every opportunity and study for each stripe. Stay involved with your unit, wing and community. Male or female, the advice is the same, accept challenges and study hard."

Sergeant Godfrey agrees.

"The Air Force is very clear on what is expected of you to get promoted. Since basic training, I've made sure I learned my job and performed better than I was expected to by completing my career development course, professional military education, job training, Community College of the Air Force degree and contributed to the Air Force community by participating in the Airmen's Council, NCO forums and Top 3," she said. "Young airmen need to set goals early and stick to them. Listen, learn and become the best that you can be,



Photos by Senior Airman David Miller

THE LAST STRIPE: Senior Master Sgt. Sandy Miller, 8th Maintenance Squadron, talks to an airman in her office. Sergeant Miller has been in the Air Force for 20 years and was recently selected for promotion to chief master sergeant.

at whatever job you do. Be true to yourself, your family, your boss and your coworkers. There are times when the demands of family and a military career can be tough, so set your priorities right and you'll be able to find a good balance that will keep you successful at both."

Sergeant Godfrey also has separate advice for women who aspire to be at the top of their game.

"Women have broken down the barriers that once kept us at home and earning less pay for equal work, and in the Air Force we definitely have equality. Stay focused, act like a lady and be professional."

In their more than 40 years combined service, both ladies said they have learned some big lessons.

"Everyone has the same opportunity. Coming from a very small town, there were not many chances to succeed. However, in the Air Force, no matter who you are, we all have an opportunity to achieve our goals. Whether your goal is to make senior airman below the zone, make technical sergeant on the first try or make it to chief master sergeant, the opportunities are the same for all,"

Sergeant Miller said.

Sergeant Godfrey said she learned that with hard work, focus, determination and teamwork, anything is possible.

Both women look forward to their new stripe and the new responsibility that comes with it.

"As a chief, I want to take care of the airmen around me and be a voice of the enlisted force," Sergeant Miller said.

Sergeant Godfrey wants the same.

"I want to continue to search for and tackle the tough jobs and contribute to making our Air Force better than it is today. I want to make sure I stay focused on the mission and the people who make that mission possible. I want to pass on my experience to those coming up through the ranks so the cycle of improvement will continue," she said.

Both women agreed they could not have made chief master sergeant without the support of those around them.

"What contributed to me making chief is the support of my family, my commanders and the hard work and support of my squadron members throughout the years," Sergeant Godfrey said. "No one makes the rank of chief all by themselves."



CHIEF TO BE: Senior Master Sgt. Kathryn Godfrey, 8th Services Squadron, helps contract workers at the O'Malley Dining Facility prepare salads for 'Grab & Go' lunches. Sergeant Godfrey has been in the Air Force for 23 years and was recently selected for promotion to chief master sergeant.

Program offers organizations money

If your office needs new equipment or there something you can buy that will save your organization money, the Productivity Enhancing Capital Investment Program may be able to help.

According to the Pacific Air Forces Peci Office, it has \$3 million to spend on eligible Peci projects. However, any project must be approved by May 1, 2004, to qualify for this year's funds. Once a project is approved, the funds can be transferred in a few days.

The Peci Program provides funding for productivity improvement projects at Air Force bases worldwide. Approval is usually given within a few months. Peci simply identifies investment opportunities that can provide measurable savings and produce a return on investment in two to four years. Peci provides funds to improve Air Force productivity by purchasing new equipment, modern tools, communications systems, facilities, training and other assets.

The Peci Program offers two types of capital investment funds: Fast Payback Capital Investment and the Productivity Investment Fund.

Fast Payback Capital Investment provides funds for projects \$200,000 and below. Savings must offset total investment costs in two years or less. These are approved at PACAF.

The Productivity Investment Fund provides funds for projects over \$200,000. Savings must offset total investment costs in four years or less. These are approved at the Air Staff level.

The Peci Program has generated savings of over \$1.2 billion on investments of just over \$100 million-an average return on invest of 12:1.

For more information about the Peci Program, visit www.dp.hq.af.mil/dpm/peci, or refer to Air Force Instruction 38-301, Peci Program.

For more information, call Kang, RanHee, 8th Fighter Wing Manpower

Two get Articles 15

By Staff Sergeant Michelle Trujillo
8th Fighter Wing Legal Office

Two members of the Wolf Pack received punishment under Article 15 of the Uniform Code of Military Justice in October.

A staff sergeant from the 8th Logistics Readiness Squadron received Article 15 punishment for wrongful appropriation of Family Separation Allowance, a violation of Article 121, UCMJ; and for filing a fraudulent claim against the United States for Family Separation

Allowance, a violation of Article 132, UCMJ. The commander imposed punishment consisting of reduction to the rank of senior airman, forfeiture of \$100 pay for two months, and restriction to the limits of Kunsan Air Base for 30 days.

An airman from 8th Security Forces Squadron received Article 15 punishment for misbehavior of sentinel or lookout, a violation of Article 113, UCMJ. The airman was found sleeping on post. The commander imposed punishment consisting of reduction to the rank of airman basic.

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WOLF PACK Crime Watch

Nov. 17:

Lost property — A senior airman entered the security forces control center and said he'd lost his identification card.

Escort violation — A town patrolman saw an airman on base escorting a Russian entertainer outside building 1027. The town patrolman called security forces operations about the possible violation of U.S. Forces Korea Regulation 190-7. Patrolmen were briefed and dispatched.

Nov. 18:

Vehicle accident — A staff sergeant radioed the SFCC and said there had been a minor accident in front of the Oriental House. Patrolmen were briefed and dispatched. A Korean national said while backing out of his parking spot he ran into the back of vehicle two. There was no damage to vehicle two. Vehicle one had a broken right rear tail light lens. No citations were issued, and both operators agreed to a private settlement.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 616. A patrolman was briefed and dispatched. The patrolman made contact with an airman first class and briefed him on the 24-hour noise discipline.

Fire response — A senior airman called the SFCC saying there was a fire alarm going off at building 1402. Patrolmen were briefed and dispatched. An investigation revealed a faulty boiler on the first floor.

Nov. 19:

Vehicle accident — A senior airman called the SFCC and said there had been a minor accident in the parking lot of building 611. Patrolmen were briefed and dispatched. The senior airman said he'd backed over a large rock when leaving his parking space.

Nov. 20:

Damage to private property — Two senior airman entered the SFCC and said the cordless phone, computer monitor and keyboard of one of the senior airmen had been damaged. The property's owner said he discovered the damage that evening.

Loud noise complaint — A senior airman called the SFCC and said there was loud noise coming from dormitory 1303. A patrolman was briefed and dispatched. The patrolman made contact with a senior airman and briefed him on the 24-hour noise discipline.

Nov. 21:

Damage to private property — A Korean national called the SFCC and said a car parked at the mini mall had been struck by an unknown object. A patrolman was briefed and dispatched. The vehicle was an Avis rental car, and the damage was noticed when he Korean walked out to inspect the car with a customer. The damage consisted of a broken passenger side window being broken.

Vehicle accident — A senior airman called the SFCC and reported a traffic accident at Wolf Pack Park. Patrolmen were briefed and dispatched. The passenger side window of vehicle one was shattered but still in place.

Fire response — An airman first class called the SFCC about a fire alarm going off in dormitory 1512. A patrolman was briefed and dispatched. A walk through of the dormitory revealed lit candles inside one of the rooms set off the alarm.

Article 92, Failure to obey an order or regulation — Fire dispatched called the SFCC and said there was a fire alarm going off in building 1512. A patrolman was briefed and dispatched. During a walk through of the dormitory, lit candles were found in one of the rooms. Contact was made with two airmen who were taken to building 590.

Fire response — An anonymous caller telephoned the SFCC and said there was an alarm going off in dormitory 611. A patrolman was briefed and dispatched. An investigation revealed that an unknown person had pulled the second floor fire alarm.

Article 92, Failure to obey an order or regulation; Article 95, Resistance, flight, breach of arrest, and escape; Article 105, Misconduct of a prisoner; Article 117, Provoking speeches or gestures; Article 128, Assault; and Article 134, Disorderly conduct, drunkenness, and communicating a threat — An Army private and specialist were apprehended at the bus stop in America Town when they tried to board the bus back to base without paying. Town patrolmen attempted to have them pay the fair or get off the bus. Both soldiers allegedly made several comments to the town patrolmen and the private allegedly pushed one of the town patrolmen. A third town patrolman called the SFCC and said they had the two soldiers in custody

and need someone to take them to building 590. A patrolman was briefed and dispatched.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 616. A patrolman was briefed and dispatched. The patrolman made contact with an airman first class and briefed him on the 24-hour noise discipline.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 1406. A patrolman was briefed and dispatched. The patrolman made contact with technical sergeant and briefed him on the 24-hour noise discipline.

Nov. 22:

Fire response — A person called the SFCC and said there was a fire alarm going off in dormitory 1512. A patrolman was briefed and dispatched. An investigation revealed a malfunction.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 1512. Patrolmen were briefed and dispatched. Patrolmen made contact with a senior airman and briefed him on the 24-hour noise discipline.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 1511. Patrolmen were briefed and dispatched. They made contact with an airman and briefed him of the 24-hour noise discipline.

Nov. 23:

Patrol response — An airman first class called the SFCC about a possible escort violation. Patrolmen were briefed and dispatched. An investigation found that no escort violation had taken place.

Loud noise complaint — A technical sergeant called the SFCC and said there was loud noise coming from dormitory 1401. Patrolmen were briefed and dispatched. Patrolmen made contact with an Army sergeant and briefed him about the 24-hour noise discipline.

Fire response — An airman first class called the SFCC and said there was smoke coming out of hardened aircraft shelter 24. Patrolmen were briefed and dispatched. A patrolman relayed a strong unknown odor was coming from within the HAS. The fire department was notified and responded.

Courtesy of the 8th Security Forces Squadron

Top 3 MVP

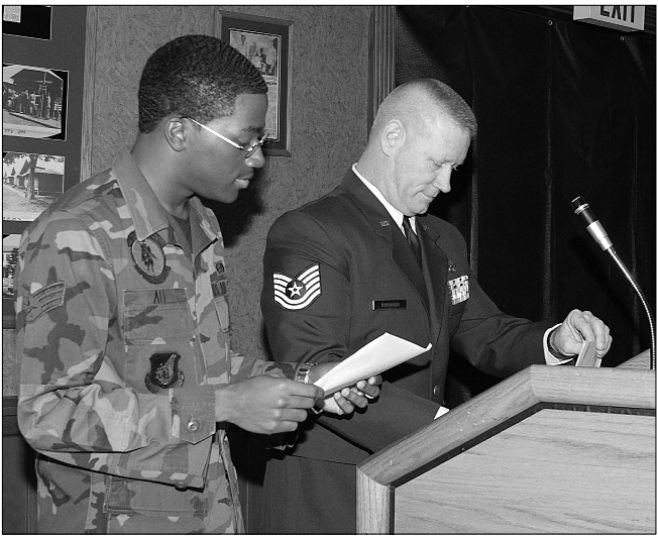


Photo by Senior Airman Araceli Alarcon

COMMANDER'S CALL: Senior Airman Ahmad Ali, 8th Maintenance Operations Squadron, helps Tech. Sgt. Richard Borough, 8th MOS, rehearse for a commander's call Monday. Airman Ali was chosen by the Top 3 council for the October's Most Valuable Player award. His primary duties are personnel and administrative support for the 8th MOS commander's support staff and ensuring quality support to 113 enlisted and officer members of the squadron. Airman Ali's professionalism, initiative, and self-motivation was evident while assuming commander's support staff NCOIC duties in the absence of his supervisor. A hard worker and fast burner, Airman Ali was selected for promotion to staff sergeant his first time testing. Active in the community and squadron, he has volunteered time with a local orphanage and the squadron booster club. Airman Ali is currently enrolled in college classes, aggressively pursuing his human resources degree. Airman Ali received an MVP Award certificate, \$25 Army Air Force Exchange Service gift certificate and a Top 3 coin. The MVP award is a monthly award created by the Top 3 council to recognize an enlisted member — technical sergeant and below — from the 8th Fighter Wing who goes the extra mile by accomplishing tasks that would otherwise go unnoticed, be it on or off duty.

OF THE PRIDE PACK

Job: NCOIC, civil and international law

Duties: Oversees all civil and international law matters

Hometown: Eastville, Va.

Follow-on: Aviano Air Base, Italy

Hobbies: Reading, outdoor activities, and going to church

Favorite music: Slow jams

Last good movie you saw: "Lord of the Rings: Twin Towers"

Best thing you've done at Kunsan: I took orphans to Osan Air Base.



**Staff Sgt.
Hope Sims**

"Staff Sgt. Hope Sims has been stationed at Kunsan Air Base for seven months. During the time she has been a member of the legal office staff, she has worked as NCOIC of the civil law section. She is truly a force multiplier for the legal office and the Wolf Pack community. Sergeant Sims has completed legal reviews on a wide variety of actions, including a review of eight reports of survey for lost or stolen property valued at \$292,000; and completed seven administrative discharge packages, from cradle to grave, in a very timely 13-day average. This far surpassed the Air Force goal of 20 days. She wrote three articles for the staff judge advocate newsletter and trained eight paralegals on the administrative discharge process. She was also instrumental in the timely completion of a general court-martial record of trial. She personally transcribed the two-day court proceeding in superb time with minimal errors. In addition to her regular duties, Sergeant Sims also fulfills the very important duty as the computer workgroup manager. She received, configured, and oversaw the installation of 16 new computers. Her knowledge and dedication keeps the legal office up to date with the latest computer technology, a very important element of any legal office."

Master Sgt. Kevin Koopman
8th Fighter Wing Legal Office law office manager

**Check us
out online:**

<http://www.kunsan.af.mil/wpw/>

Kunsan AFN keeps Wolf



RADIO: (From left to right) Senior Airman Alana Nicolai and Airmen 1st Class Angel Todd and Jason David, Armed Forces Network, report the news on a radio show for Wolf Pack. Nicolai and David are wearing an alternative uniform, used when working during off-duty hours and on special occasions. To get a spot on the radio show or to share a story idea write to AFN at 782-4726.

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Wolf Pack members can see them taking video images for newscasts, hear their voices on Wolf Pack radio, and see them walking around the base. They are members of the Armed Forces Network detachment here.

The shop, made up of three airmen and an Army sergeant, cover base news and send it out to other AFN affiliates throughout the peninsula, Pacific Air Forces and the Air Force.

“Our mission is to provide command information support and put out the message of the hard working airmen and soldiers living here. We want to tell their story,” said Army Sgt. Christopher Smith, station manager.

Airman 1st Class Jason David can be heard on the

radio in the mornings. He said the radio is a great way to highlight the wing.

“We have special guests on like the Wolf, Wolf Chief and first sergeants, this way the Wolf Pack can hear everything straight from the source. They can share their concerns, and at the same time tell the Wolf Pack what a great job they are doing,” he said. “We are morale based. From the little things like getting a requested song on the air, to highlighting the work they do, we are here for the Wolf Pack.”

Airman 1st Class Angel Todd is the shop’s television producer. She agrees with Airman David that AFN is all about morale.

“I think we bring a little piece of home, especially with us being at a remote location. We bring up-to-date music to the base and make this year away from loved ones a little more tolerable,” she said.

Everyone in the shop agrees the best part of the

job is meeting people and seeing every job and how it contributes to the mission of the Wolf Pack.

Senior Airman Alana Nicolai arrived at Kunsan two months ago after cross training into the field. She said she chose the broadcasting career field because it offered what other jobs couldn’t, a chance to see every job in-depth. She said not only does she get to meet a lot of people but she also gets to see jobs she never even thought of.

“I have to understand the job and what the people are doing, so I can tell other people about it,” she said.

Sergeant Smith said meeting people is the another good thing about broadcasting.

“You get to meet all kinds of people. We are open to all people in all jobs so we get to see things a little more intimately than other people do. We get to see all the reasons people join the military and all the dif-

ferent types of jobs.”

Although she has a lot of things to do, Nicolai said she enjoys the radio show. “We do a lot of things, we do videos, we do newscasts, we do Air Force news, we do Wolf Pack news,” she said. “We can reach a lot of people through the radio for the first time. Even if they’re not in the line of sight, they’re still getting the message. It’s the same thing, but it’s a different aspect of the mission. It’s where as before, it was like radio. They are

Wolf Pack happily informed



Photos by Senior Airman Cat Trombley

Wolf Pack members Wednesday. Airmen Todd and Jason David, with Armed Forces Network Korea, call AFN

...pes of people who chose to serve," he said. "Although AFN is here for the people, there are certain things they cannot do. We can't specially tape ceremonies, we can't dub and we can't download music for people. Our instruction forbids it," Airman David said. "We highlight special events by having the point of contact on the show. We can also run ads on the radio events."

Although the airmen at AFN Kunsan are new out of technical school, Sergeant Smith says they are the best of the best. "The airmen are so far ahead of their peers with their amount of experience. They teach me about their jobs everyday. Here they do anything, but at most bases, airmen tend to do one thing, and they are more well-rounded for it. They are multi-talented," he said.



THE NEWS: Airman 1st Class Angel Todd, the shop's television producer, gives Airman 1st Class Jason David a hand with the news. All of the airmen in the shop are straight out of technical training but are required to know all areas of broadcasting.



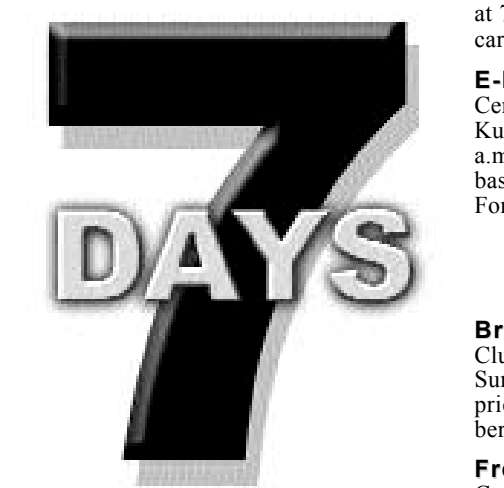
THE BEAT GOES ON: Airman 1st Class Jason David, the radio broadcaster and producer, takes requests Monday through Friday 5 to 10 a.m. during his radio show. Airman David's shows include new music, interviews, local, Pacific Air Forces and Air Force news.



THE NEW VOICE TO WOLF PACK RADIO: Senior Airman Alana Nicolai reads sports news during the morning show. She arrived at the Wolf Pack two months ago after cross training into broadcasting.



LIGHTS, CAMERA, ACTION: Army Sgt. Christopher Smith, the station manager, does a field check on video equipment Wednesday to make sure it works before interviewing Gen. Bill Begert, Pacific Air Forces commander, Thursday.



Friday

Free food night The Loring Club offers barbecue pork ribs 6 to 9 p.m. for club members.

Howlin’ Bowl The Yellow Sea Bowling Center offers Howlin’ Bowl starting at 6 p.m. The cost is \$6 per person.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m and 6 p.m. Busses depart Osan at 6 and 10 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Thanksgiving football The Falcon Community Center offers Thanksgiving Day games. Detroit vs. Green Bay at 2 a.m. and Miami vs. Dallas at 6 a.m.

Saturday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 and 10 a.m. Busses depart Osan at noon and 4 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Latin night The Loring Club has a Latin night in the ballroom.

Chess tournament The Falcon Community Centers has a chess tournament

at 7 p.m. The winner receives a phone card.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is \$11.95 per person for club members.

Free throw contest The Falcon Community Center hosts a best out of 10 free throw contest at 2 p.m. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Movie madness The Falcon Community Center offers a double feature movie madness at 6 p.m.

Tuesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Football Frenzy The Loring Club offers Monday night football at 6:30 p.m. in the enlisted lounge.

Discount bowling The Yellow Sea Bowling Center offers discount bowling. Each game is \$1 and shoe rental is free.

Talent show

The Loring Club hosts the world-wide Talent contest Saturday starting at 7 p.m. This contest seeks out the best active-duty showmen who, besides vying for first-place, will try for a spot on the Air Force entertainment team, **Tops In Blue**. There are five categories: male vocalist, female vocalist, instrumentalist, musical variety, and non-musical variety. Once selected, 30 performers will become part of **Tops In Blue** and travel on a nine-month tour. Members who compete will have their performances video taped if they wish. All tapes are then submitted to the **Air Force Services Agency Entertainment Branch** for review. After reviewing the submissions, performers who the judges believe can best support the team will be invited to **Lackland Air Force Base, Texas**. Funding for the contest is provided by **Air Force Services**. People who just want to participate in the talent show are invited to sign up as well. For more information, call **Tech. Sgt. John Williams, 8th Services Squadron, at 782-4110**.

Wednesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Free food The Loring Club offers club members the Ruff Ryder roast beef sandwiches 6 to 9 p.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Thursday

Mongolian barbecue The Loring Club offers Mongolian barbecue 5:30 to 8:30 p.m.

Self defense class The fitness center offers a self-defense class for women at 6:30 p.m. For more information, call 782-4026.

Pingpong tournament The Falcon Community Center offers a pingpong tournament at 7 p.m. It’s the best out of three

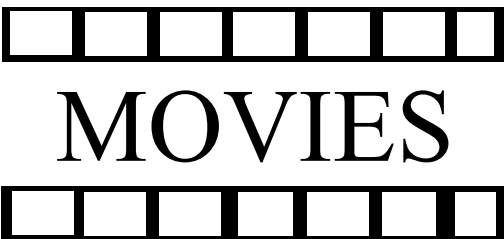
games. The winner receives a phone card.

South Gate Market The Falcon Community Center offers a trip to Namdaemun Market, the largest general wholesale market in Korea. There are more than 1,250 shops and stalls in a 10-acre market that sells clothes, tableware, crafts, fresh-cut flowers, blankets and more. The bus departs at 7 a.m. and returns at 8 p.m. Sign up by today. The cost is \$20 for E-5 and above and \$16 for E-4 and below.

Chonju Zoo The Falcon Community Center offers a trip to Chonju Zoo and the Iksan Jewelry and Precious Metals Center. The bus departs at 9 a.m. and returns at 5 p.m. Purchases may be made in dollars, Won or credit cards. Sign up by today. The cost is \$20 for E-5 and above and \$16 for E-4 and below.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$10.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Submit events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include time, date, place, point of contact and phone number.



Saturday

“Radio” (PG) Starring Cuba Gooding Jr. and Ed Harris. 7 and 9:30 p.m.

Sunday

“Underworld” (R) Starring Kate Beckinsale and Scott Speedman. 6 and 8:30 p.m.

Tuesday

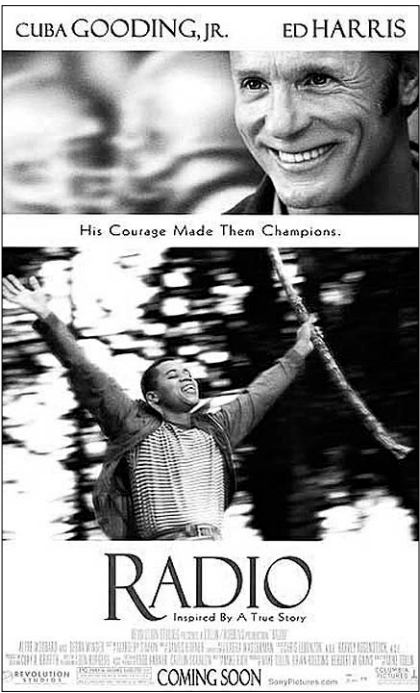
“Underworld” (R) 8 p.m.

Wednesday

“The Fighting Temptations” (PG-13) Starring Cuba Gooding Jr. 8 p.m.

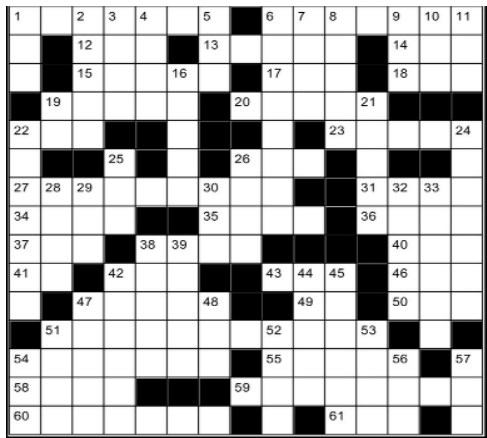
Thursday

“The Fighting Temptations” (PG-13) 8 p.m.



Today

“Lord Bring Me Out” a play presented by the Osan Inspirational Gospel Service 6 p.m. at the theater. Admission is free.



- DOWN**
 - Emergency code
 - Former US base, RAF _____
 - Holy site in India
 - USAF E-4 aircraft
 - Lyrical poem
 - Colony founded by 6 ACROSS
 - Article
 - Actresses Turner and Clarkson
 - Talk
 - Simpson trial judge
 - French lady (abbrev.)
 - Cliques
- Former home to Clark AFB (abbrev.)
 - The Final Frontier?
 - Native American who first interacted with Mass. colony
 - President who declared Thanksgiving a national day
 - Apply
 - Hamm and Farrow
 - Cain’s brother
 - Female pig
 - Mining goal
 - October birth-stones
 - Remove from a magazine (two
- words)
 - Ancient Germanic letter (two words)
 - Acronym for George W. Bush
 - Dress a turkey?
 - Actress Kelly of The Cutting Edge
 - Pieces of glass
 - What 51 ACROSS are made of
 - Shock therapy formally (abbrev.)
 - Walking stick
 - Lively
 - Cushy
 - Owned
 - Fish egg
 - Increase

Happy Thanksgiving

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- Native American who helped 6
- ACROSS in 1620
- Puritan helped by 1 ACROSS
- Tiger's organization
- USAF space-lift vehicle for satellites
- Cash machine
- Poetry
- Desire
- Fiction writer Edgar Allen ____
- Hope for Thanksgiving
- Actresses Thompson and Caulfield
- Knight
- Drop
- Dirt
- Wampanoag chief invited to first Thanksgiving
- Item 1 ACROSS taught 6 DOWN colony to raise
- Woodwind instrument
- Stadium cheers
- Saga

- Mend
- Mocks
- Overseas address
- Tail markings for a/c assigned to 28th BW
- Supervisor change in USAF (abbrev.)
- USAF assignment system (abbrev.)
- Computer "laugh"
- Terre ____, Ind.
- Tail marking for a/c assigned to 180th FW
- Center of the solar system
- Thanksgiving items filled with food
- Reason for first Thanksgiving
- Mistake
- Actress Archer
- 1621 colony governor who declared first Thanksgiving
- Item had after Thanksgiving meal
- Sault ____, Marie

Education

CLEP tests The base education and training office will withdrawal the following general CLEP tests Nov. 30: Natural Science, College Mathematics, English Composition, Principles of Accounting, College Level Spanish Language, History of the U.S. I, and History of the U.S. II. For more information, call Earl Gassery at 782-5148.

Scholarship Children of Wolf Pack members may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003 to 2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center needs teachers. Many enlisted members are trying to go to school here but often run into road blocks when it comes to course availability, mostly due to a lack of teachers. Without the luxury of many college professors, the education center must rely on the officer and enlisted corps to carry the load. For more information, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

CDC testing Career Development Course testing is Thursdays at 9 a.m. in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeants Association meets the second Tuesday of each month at 4 p.m. in the Loring Club Officers’ Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet the second Wednesday of each month at 3 p.m. at the Loring Club.

Top 3 The Kunsan Top 3 meets the second Wednesday of each month at 4 p.m. at the Loring Club.

Airman’s Advisory Council The Airman’s Advisory Council meets the last Tuesday of the month at 3 p.m. in the Loring Club Officers’ Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Return, reunion The family support center offers a return and reunion briefing Tuesday 3:30 to 4 p.m. in the chapel sanctuary. No registration is required.

Return, reunion change The family support center’s return and reunion class will move to Wednesday beginning Jan. 1. The

class will be held 3:30 to 4 p.m. at the chapel. For more information, call Master Sgt. David Sullins at 782-5644 or 782-5627.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn is looking for units to volunteer for Friday meals through the end of the year. If interested or for more information, call Staff Sgt. Sonya Muntz at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call 782-4562.

Korean orphanage Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot Thursdays at 6:15 p.m. Transportation is provided. For more information, e-mail or call Airman Nathan Biles at 782-5960.

Chapel

Latter-Day Saint Services are Sundays at 3:30 p.m. at the chapel.

Catholic services Mass is Saturdays at 5:30 p.m., Sundays at 9 a.m., and Mondays and every Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturdays at 4:30 p.m. and Sundays at 6 p.m. R.C.I.A. is Wednesdays at 7 p.m. in the chapel conference room.

Protestant services General Protestant worship service is Sundays at 11 a.m. and the contemporary praise and worship service and Bible study is Wednesdays at 6 p.m. Both services are conducted in the chapel.

Gospel Gospel services are Sundays at 1 p.m. and the inspirational praise and worship service is Fridays at 7:30 p.m. at the chapel.

Sonlight Inn hours The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m. Fridays from 6 p.m. to midnight, and Saturdays from 6:30 a.m. to midnight.

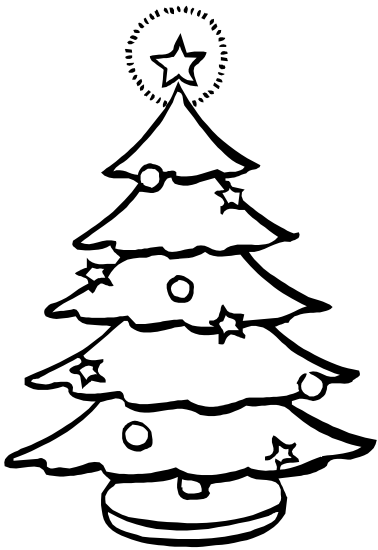
Prayer and Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

❑ Men’s Bible study Sundays at 5 p.m. at the Sonlight Inn, room 2.

❑ Gospel Bible study Sundays at 11 a.m. at the Sonlight Inn, room 2.

❑ Women’s Bible study and fellowship Tuesdays at 6:30 p.m. at the Sonlight Inn, room 2.

Christmas tree lighting



LET THERE BE LIGHT: The 8th Fighter Wing Christmas tree lighting ceremony is Dec. 10 next to building 755. Christmas carols will be sung between 6 to 6:30 p.m.; Santa arrives between 6:30 and 6:40 p.m.; and the tree lighting is between 6:40 and 7 p.m.

❑ Protestant Bible study Sundays at 9:45 a.m. at the Sonlight Inn, room 1.

❑ Intercessory prayer Saturdays at 8:30 p.m. in the chapel conference room.

Miscellaneous

Singer needed A singer is needed to sing the National Anthem at the Kunsan Annual Awards Ceremony Feb. 7. Auditions are Wednesday at 2 p.m. at the theater. The person chosen to sing needs a semi-formal or mess dress for the event.

TMO appointment As soon as official PSC orders are received, stop by the traffic management office to schedule a briefing appointment to arrange property pickup. Appointments cannot be made over the phone.

Tax assistants The 8th Fighter Wing Legal Office is looking for 2003-2004 tax season volunteer income tax assistant representatives to provide tax assistance to other members of the Wolf Pack. For more information on being a VITA representative, call Staff Sgt. Hope Sims at 782-4283 or e-mail 8fw.taxcenter@kunsan.af.mil.

WOC move The wing operations center, command post and maintenance operations center, are now located in building 911, room 103. The WOC will be there until the primary facility’s renovation in building 1305 is completed. The telephone numbers will remain the same. If you need to access the building after normal duty hours or on weekends, use the eastern-most door on the first floor. There is a phone outside the entrapment door that rings in the cab. For

more information, call the command post at 782-6000.

Leadership program The Department of Defense is looking for a minimum of two Air Force nominees, who are majors, to participate in the 2004 Executive Leadership Development Program. This program is designed specifically for highly motivated, active-duty officers who have demonstrated outstanding leadership ability, commitment to public service, integrity, and have an interest in moving into senior management positions. To be eligible, officers must be in the grade of major and have completed Squadron Officer School and Intermediate Developmental Education, either in-residence or by correspondence or seminar. Applications are due no later than Feb. 15. For more information, visit www.afpc.randolph.af.mil/pme. or call the military personnel flight’s customer service section at 782-5276.

Thunderbird applications The Thunderbirds are currently accepting applications for three demonstration pilots, operations officer, executive officer, and public affairs officer for the 2005-2006 demonstration season. Packages must be received no later than Jan. 31. Applicants must have pinned on captain by May 1, 2004. Packages must also be submitted with the application. For more information on what is required, call Capt. Sean Cotter at DSN 682-9584 or Staff Sgt. Anthony Lagred at 682-2278. Interested parties can also call the military personnel flight’s customer service section at 782-5276.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with “classifieds” and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member’s rank, name and phone number and must originate from the member’s e-mail account. No “personal” ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Wanted

Lead, bass guitarist, possibly keyboardist for a band that plays a variety of styles. Call Greg at 782-4167.

For sale

Desk w/hutch dark navy blue

in great condition. \$65.00 Call Tech. Sgt. Fernando Miller at 782-8808 or 782-0032

Miscellaneous items Kitchen items, pots and pans, dishes, cups also plants. Call Tech. Sgt. Frenando Miller at 782-8808 or 782-0032

ORNAMENT WORKSHOP

The skill development center offers a Christmas ornament making workshop Tuesday at 5 p.m. The cost is \$3 and covers the safety class, equipment and instructor. For more information, call 782-4833.

Ski Trip

Outdoor recreation offers a ski trip to Muju Mountain Dec. 13. The bus departs at 7 a.m. and returns at 8 p.m. For more information, call 782-4833.

N	O	R	T	H	E	R	N		A	R	C	T	I	C
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F	R	E	U	D			L	E	V	E	L		E	L
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T		S	T	U			A	N	I		T		S	
H	E	A	R	T			R		N	O	A	H		R
E		P	I	T	S		I		G		A	P	E	D
T					E	P	I	C		R		L	E	N
A	U	R	O	R	A			E	L	E	V	E	N	T

Solutions for Nov. 21
Northern lights

Intramural basketball		December 2003			Schedule
Monday	Tuesday	Wednesday	Thursday	Friday	
1 6:30 p.m. LRS A vs. Army 7:30 p.m. SFS vs. AMXS A 8:30 p.m. CES vs. OSS	2 6:30 p.m. LRS B vs. MSS 7:30 p.m. MXS B vs. SVS 8:30 p.m. AMXS B vs. MGD	3 6:30 p.m. AMXS A vs. OSS 7:30 p.m. CES vs. MXS A 8:30 SFS B vs. LRS A	4 6:30 p.m. SVS vs. MDG 7:30 p.m. AMXS B vs. CS 8:30 p.m. MXS B vs. LRS BV	5	
8 6:30 p.m. MXS A vs. AMXS A 7:30 p.m. LRS A vs. OSS 8:30 p.m. CES vs. ARMY	9 6:30 p.m. CS vs. SVS 7:30 p.m. LRS B vs. MGD 8:30 p.m. AMXS B vs. MSS	10 6:30 p.m. LRS A vs. MXS A 7:30 p.m. SFS vs. OSS 8:30 p.m. AMXS A vs. Army	11 6:30 p.m. LRS B vs. CS 7:30 p.m. MXS B vs. MGD 8:30 p.m. SVS vs. MSS	12	
15 6:30 p.m. SFS vs. CES 7:30 p.m. MXS A vs. Army 8:30 p.m. LRS A vs. AMXS A	16 6:30 p.m. MXS B vs. AMXS B 7:30 p.m. MXS A vs. Army 8:30 p.m. LRS A vs. AMXS A	17 6:30 p.m. Army vs. OSS 7:30 p.m. CES vs. LRS A 8:30 p.m. SFS vs. MXS A	18 6:30 p.m. MSS vs. MDG 7:30 p.m. AMXS B vs. LRS B 8:30 p.m. MXS B vs. CS	19	
22 29	23 30	24 31	25	26	Holiday break

SPORTS SHORTS

Chief of staff fun run
The health and wellness center and fitness center’s chief of staff of the Air Force 1.5 mile fun run is Mondays. Runners meet at 5:30 p.m. on the service road behind the fitness center.

Kickboxing Aerobics
The fitness center offers aerobic kick-boxing classes every Monday, Tuesday and Friday at 5 p.m. at the fitness center. For more information, call 782-4026.

Spinning instructors needed
The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Academy mascot
The newest addition to the academy’s falconry program, Yeti, looks for his trainer after being unhooded. This hybrid white gyrfalcon and saker falcon can exceed 200 mph in a dive. Yeti is training for performances and public appearances.

Varsity basketball
The Wolf Pack’s men’s and women’s varsity basketball teams play Youngsan Garrison Saturday at 6 and 8 p.m. and Sunday at 9 and 11 a.m. at the fitness center.

Sunday spin class
The fitness center offers a spin class Sundays at 4 p.m. in the score house of the softball field.

Soccer players needed
Wolf Pack soccer players are needed. Practice is 6:30 to 8 p.m. Tuesdays and Thursdays and 3:30 to 5:30 p.m. Saturdays at the track. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearney at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Flag football
The fitness center sponsors a flag football tournament Saturday at 11 a.m. weather permitting. For more information or to register a team, call the fitness center at 782-4026.

Fitness center annex
The fitness center annex, located in building 1104 behind the mini-mall, is open from 5 to 8 a.m. and 4 to 6:30 p.m. Monday through Friday. The annex is also available for unit physical training by appointment during other hours. The annex features a variety cardiovascular equipment.

Like sports?
What about writing?

If the answer to both questions is ‘Yes,’ the public affairs office needs you to write one sports story a week, highlighting a variety of sports, for the *Wolf Pack Warrior*. If interested, call the public affairs office at 782-4705.

EOD has fun with PT



PUSH UP: Greg Locke does a push-up in his 65-pound bomb suit Nov. 21.



Photos by Senior Airman Cat Trombley



HARDER THAN IT LOOKS: (Above) Eric Barger (left) and Greg Locke (right), 8th Civil Engineer Squadron Explosive Ordinance Disposal Flight, stretch while wearing their bomb suits during the squadron’s physical training Nov. 21. After stretching with the squadron, both Barger and Locke ran 1.5 miles in bomb suits that weigh 65 pounds. (Left) Barger and Locke stretch their legs before running. The two decided to wear the suit as training to become more familiar with the bomb suit and the limitations of movement in it.

Golf course

The West Winds Golf Course offers many services including golf club rental, pull cart rental, handicapping services, intramural golf, golf lessons and club fittings. People desiring to compete in tournaments are required to have a handicap. Handicaps can be established by turning in scorecards to the pro shop with name and date estimated return from overseas. Establishing a handicap is free.

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

**Weekends, holiday
and down days**
8 a.m. to midnight



Tobacco Cessation

The health and wellness center offers free smoking cessation classes. For more information, call 782-4305.

CSAF's Fitness Challenge: Week 13

Capt. Skipper Latham
8th Medical Group, Physical Therapy

Injuries to muscles and joints are usually the result of a traumatic event or overuse. The 8th Medical Group is seeing a large number of over-use injuries with the implementation of the new fitness program, especially the running aspect. Frequent causes of overuse injuries are doing too much, too soon, too often.

The definition of overuse injuries is the repetitive microtrauma to tissues during exercise and sports. The symptoms are inflammation, pain, spasm, and muscle inhibition, or weakness. The cause is usually the result of improper training that is influenced by the training variables: frequency (how often), intensity (how hard), and duration of exercises. A sudden increase in one or more of these training variables is the most common training error. Trainers should increase only one of these variables by no more than 10 percent per week.

Overuse injuries do not occur over night. First there is mild pain after activity; then mild pain during activity. The pain progresses to limitations of physical activity, then daily activity, and then constant unrelenting pain. Taking care of the problem in the early stages is the best treatment method.

Inflammation of up to five days or more is your body's first response to injury. Early self-treatment can limit the inflammatory response and enhance recovery. Repair of the injured tissue is made with scar tissue. Lack of appropriate exercise is the real reason why soft tissue injuries do not fully recover. Without regular exercise, scar tissue will shrink and shorten. This leads to a reduction in flexibility and is felt as pain, stiffness and weakness when you return to normal activity. The solution is to stretch and strengthen the healing tissues as soon as possible. Continue to exer-

cise the injured area until normal strength, flexibility and function are recovered. This can take from several weeks to several months depending on the severity of the injury.

General treatment options are to actively rest, increase flexibility of the muscles of the involved joint, medications, and ice three to four times per day for 20 minutes. Maintain the strength and endurance of the muscles of the involved joint with weight training. Gradually return to sports and running with the respect to pain. A caution with medications — a period of vulnerability to re-injury results when conventional anti-inflammatory measures reduce the pain of injury without necessarily adding to the structural integrity of the injured tissue. So return slowly.

The time to seek medical attention is when all the general treatment options have been tried, there is severe swelling, instability of the involved joint, pain, decreased range of motion of involved joint, and prolonged discomfort during or after exercise.

Preventative measures that will decrease injuries are to strengthen and increase the flexibility of the muscles used in a given activity. Strengthening exercises increase muscle endurance, reducing fatigue of that muscle. When a muscle fatigues, it loads other tissues resulting in injury. Increased flexibility causes a muscle to work with greater efficiency. A workout should be started with a slowly paced warm up. Pace should be increased as the body responds to the exercise. It is beneficial to stretch before and after an activity. The most beneficial stretching is done after working out as the muscles are warm. Stretches should be held without bouncing, holding breath and wincing in pain.

Following the principles above can help in preventing injuries or returning from an injury quickly. Questions can be directed to a primary care manager or the physical therapy department at 782-5704.

CSAF FITNESS CHALLENGE WORKOUTS, WEEK 13:

For those of you doing some resistance training on the FitLinxx workout system, Do three resistance training workouts this week. Monday: Three sets of 15 repetitions, Wednesday: Two sets of 10 repetitions, Friday: Three sets of 15 repetitions. 60 seconds rest between sets. Also, change the order of your exercises for this week.

Beginners: 3 workouts this week

You have moved to the intermediate level. The below exercise is from week 3's intermediate program.

Monday: 30 minute run at a moderate intensity, 70 to 85 percent THR.

Wednesday: 30 to 40 minute workout. You choose the type of aerobic activity; 70 to 80 percent THR.

Friday: 30 minute run at a moderate intensity, 70 to 85 percent THR, followed by a one-minute push-up test and a one-minute crunch test.

Intermediate: 3 workouts this week

You have moved to the advanced level. The below exercise is from week 3's advance program.

Monday: 30 minute run at a moderate intensity, 70 to 85 percent THR.

Wednesday: 30 to 40 minute workout, you choose the type of aerobic activity; 70 to 80 percent THR.

Friday: 30 minute run at a moderate intensity, 70 to 85 percent THR, followed by a one-minute push-up test and a one-minute crunch test.

Advanced: 4 to 5 days a week

It is time to let you develop your own program. Continue a four to five days a week program with at least one to two of those days consisting of cross training. Vary your intensity and time. Adjust your program to your comfort level. If you have any questions, contact the health and wellness center at 782-4305.

Wolf Pack men's basketball out hoop Camp Humphrey in 2nd game



Photos by Senior Airman David Miller

HOOPS: (Far left) Tony Meyers, 8th Aircraft Maintenance Squadron, lays up two points against Camp Humphrey's defenders as BJ Ziemann, 8th Civil Engineer Squadron, stands ready to rebound Sunday. Ziemann had 14 rebounds during the game. Meyers scored 25 points for the Wolf Pack. The Wolf Pack came back to beat Camp Humphrey 90-73 after losing to them Saturday 83-67. (Left) Ziemann, scores two points for the Wolf Pack against Camp Humphrey Sunday. Coach Hoarace Fauntleroy, 8th CES, said his team played good defense and started strong. They had stronger baskets and box-outs than in Saturday's game, and overall played good team ball consistently. Both men's and women's teams play Youngsan Garrison, Republic of Korea, Saturday and Sunday at Youngsan. The Wolf Pack men's varsity team is 4-2. The Wolf Pack's women's varsity team defeated Camp Humphrey's team 63-50 and 34-24.

Jazz buffet



Magic: Angelo the Magician performs a card trick for Senior Airman Jessica Clutz, (right) 8th Operations Support Squadron, and Senior Airman Ashley Aronvitch (left), 35th Fighter Squadron, Sunday at the Loring Club. The 8th Services Squadron organized a jazz brunch and magic show for the Wolf Pack.

Photos by Capt. Krista Carlos



SAX: Saxophonist Rosmon Johnson from Osan Air Base, Republic of Korea, performs "We're In This Love Together" for members of the 8th Fighter Wing Sunday at the Loring Club during lunch.



TRICKS: Angelo the Magician uses a slight of hand to perform a card trick which hides pennies from 8th Fighter Wing members.



SMOOTH JAZZ: Saxophone player Rosmon Johnson (left) and singer Kenny Vernon (right) perform for Wolf Pack members during a jazz brunch. Both musicians are from the group "Just Us" and will be performing at Kunsan throughout the holiday season as part of Operation Holiday Cheer.